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**Ayurvedic Approach for the Management of Psoriasis Disease –  
 A Single Case Study**

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**Abstract**

Psoriasis is an immune mediated genetically determined common dermatological disorder which affects skin, nails, and joints and has various systemic associations. All the skin diseases in Ayurveda have been classified under the heading 'Kushta'. Psoriasis seems to have a distinct simile to a *Kitibh kushta* mentioned under the term *Ksudra kushta* (One of the subtypes of *Kushtha*). The disease has high recurrence rate with currently no method of curing disease permanently. Ayurveda treatment supposedly proves as effective remedy for psoriasis. A known case of established Psoriasis is presented here which was intervened successfully with the Ayurvedic treatment regimens like *Shodhana* (Purification) and *Shaman*(Palliative).

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